



# Facets

March 2012

# Women & sports

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players pay it forward

+ Recreational volleyball & food to fuel your workout



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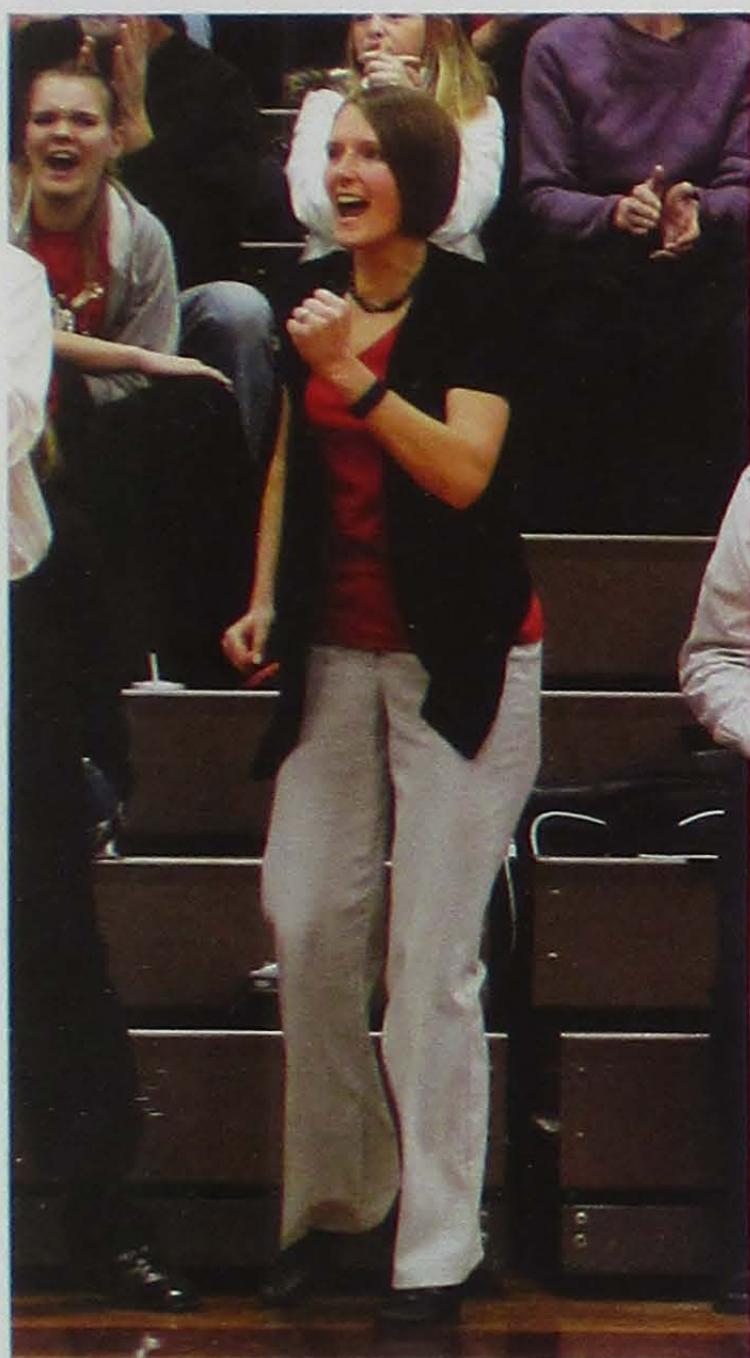
# Facets

**Facet** - n. 1. One of the flat surfaces cut on a gemstone.  
2. The particular angle from which something is considered.

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Former Iowa State University women's basketball player Tracy Paustian Deal serves as assistant coach for the Gilbert High School varsity girls' basketball team. By Nirmalendu Majumdar/Facets

**FACETS** is a publication of Stephens Media Iowa.

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## WE'D LOVE TO HEAR FROM YOU

Do you know someone who would be a perfect Faceted Woman? Would you like to appear in a future issue of Facets as a model? Do you have an idea for What We're Into? Like us at [www.facebook.com/facets](http://www.facebook.com/facets) magazine and let us know.

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# Sports highlights of an unathletic family

The peak of my family's athletic success was the season my youngest sister's high school softball team, coached by my stepdad, won fourth place in the bi-county tournament.

We had a good laugh when I called Mandy to recap the glory.

"I did actually hit the ball, and I did actually get on base. That was exciting. I actually didn't get out," she said of her most memorable game, which was one of her first times at bat. "Mom was so excited when I got on base. She was like, 'That's my daughter.' It was kind of embarrassing."

There are not a lot of other sports highlights among us.

My middle sister, Carla, trained for one week to join the cross country team in junior high and kept statistics for the girls' basketball team in high school.



JENNIFER MEYER

My sisters and I take after our parents. My mom was never into sports, and my dad's only sports-related interest is in NASCAR.

We're lucky none of us were born boys. Having been born on the birthday of my grandpa, Edward Carl Meyer I, I would have had enough to worry about as Edward Carl Meyer III without disgracing myself on the court or field, or wherever else sports are played.

I'm the shortest member of my family at 5-foot-9, so people

always assumed my sisters and I played basketball, but athleticism — and more importantly, basic coordination — are just not in our genes.

Carla learned to snowboard a few years ago, and rides her bike a lot with her husband. My mom was terrified by this at first, remembering picking gravel out of Carla's scarred knees after she fell off her bike as a child or just fell down walking.

Mandy doesn't play sports, but she can talk the talk. Her fiancé is a Bears fan, and the part of her brain that once stored only useless pop culture trivia is now filled with more sports facts than even he can remember.

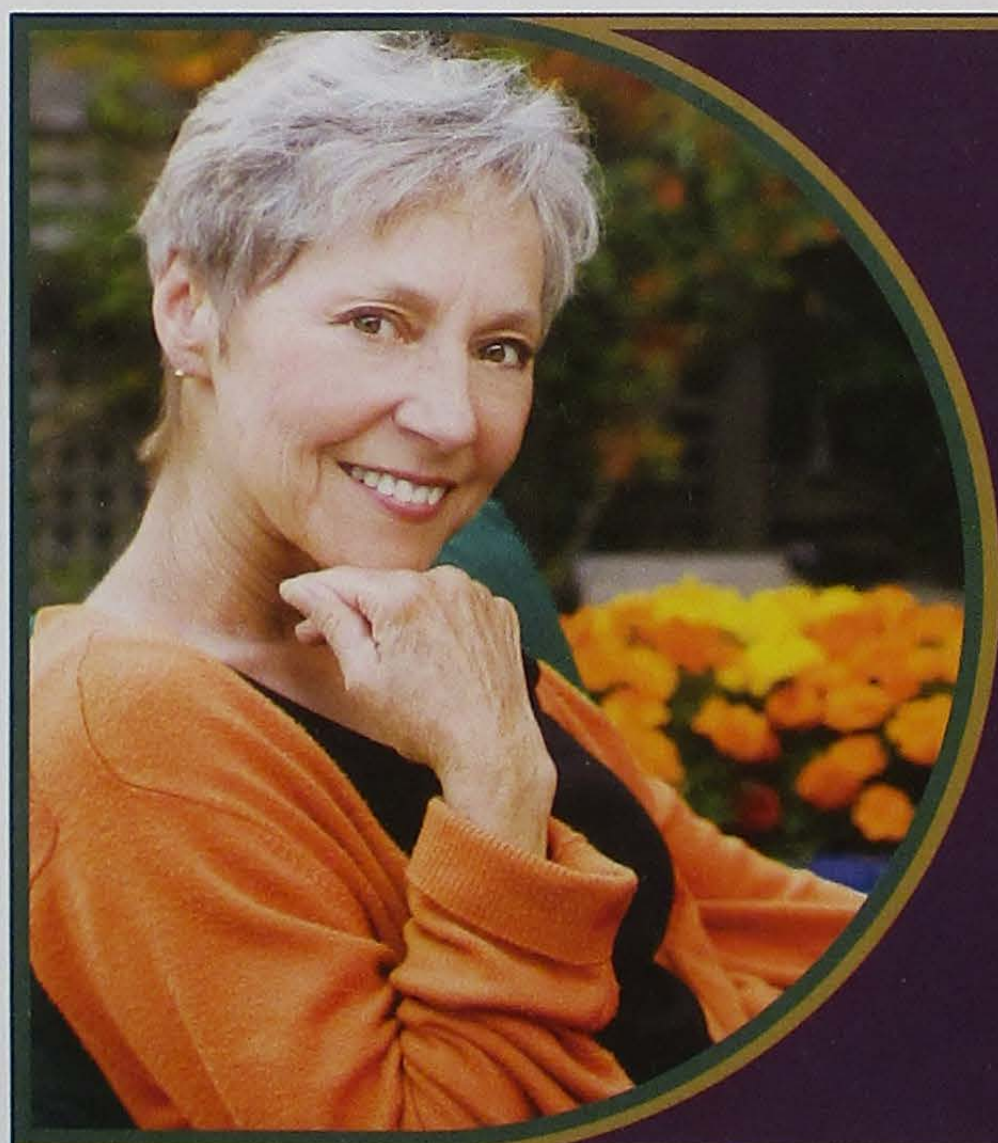
They are both way ahead of me. I work out, but don't do anything very athletic, and I don't watch sports. Maybe someday when I find a man I will, but I doubt it.

When I have children someday, though, I hope to introduce them to athletics and being on a team. Whether they choose to pursue that interest will be up to them, but I think some of the concepts learned from sports would have served me well as a very shy and very quiet child.

In this issue of Facets, you will read about a Gilbert family that plays together, the lasting character impressions of Iowa State University's basketball program, and the camaraderie local women gain through participating in Ames recreational volleyball leagues.

And even if you're an unathletic accident waiting to happen like me, we have a few things in this issue for you, too. ♦

Reach Facets Editor  
Jennifer Meyer via email  
at [jmeyer.facets@gmail.com](mailto:jmeyer.facets@gmail.com).



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— Jennifer Adkisson, Ames, Facets designer



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— Karen Petersen, Ames, Facets contributor

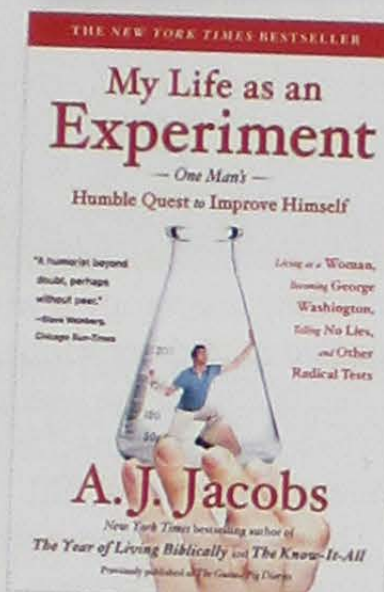
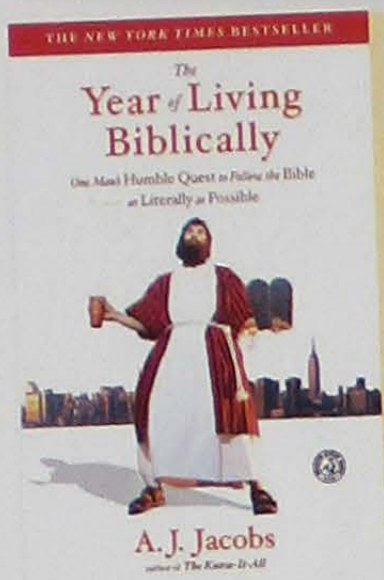
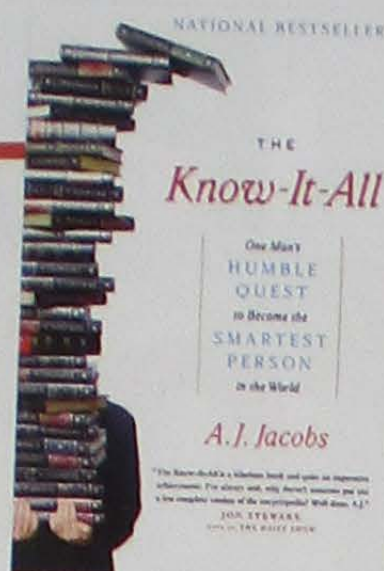
### ISU BASKETBALL (MEN'S AND WOMEN'S), ORGANIZING MY ENTIRE HOUSE, BROWSING THROUGH GARDENING CATALOGS

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Jacobs has written books chronicling his adventures in reading the encyclopedia from A to Z ("The Know-It-All") and following the rules of the Bible literally for a year ("The Year of Living Biblically") as well as his quest to improve himself ("My Life as an Experiment"). All three are hilarious, insightful and full of random information with which to impress your friends.

— Roxanne Dass, Ames, Facets reporter

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# Paying it forward

## Former ISU women's basketball players give back to community

BY KATHY HANSON

**A**mes is reaping the benefits from the decisions four former Iowa State University women's basketball players made to live here and pay forward their debt of gratitude.

Although job possibilities, mates and other circumstances factored into their decision to settle here, the four women — Kelly Cizek Hanfelt, Monica Huelman Zaruba, Tracy Paustian Deal and Cathy Strub Brown — say they are happy it worked out so they could live in and contribute to the community that nurtured the wisdom, skills and knowledge they gained from playing on the team and studying at ISU.

"Those experiences shaped my life and made me the person I am," Hanfelt said. "And there's just no way to give back (enough) for that."

Hanfelt, 33, played for ISU from 1999 to 2002, and stood out for her skills in defense and rebounding. After graduating with a degree in journalism and sociology, she found that much of what she learned on the team transferred to other relationships and values.

"From learning to be responsible for my commitments, to responding appropriately when someone makes a mistake, I didn't realize how formative that would be until I got a job, married and had children," said Hanfelt, now director of development for ISU Foundation and married to Chris Hanfelt, a physical therapist with whom she has a daughter and a son.

Hanfelt credits coach Bill Fennelly for his ability to head a multi-faceted program with benefits that extend beyond the team and the game.

"Coach Fennelly recruits players, coaches and trainers who are there for the right reasons," she said. "They all know that so much of what happens on the court translates into real life."

Hanfelt said she looked up to teammate Zaruba, for example, who played from 1996 to 2000.

Zaruba, 34, holds the distinction of being coach Fennelly's first recruit. With Fennelly's influence, Zaruba and teammate Stacy Frese set the bar high for expectations of integrity in leadership when the program began its rise in popularity, Hanfelt said.

"They made everyone else on the team want to live up to what they were doing," Hanfelt said. "I think they started that legacy of knowing how to handle the spotlight."

Leadership, according to Zaruba, who co-captained the team for two years with Stacy Huber, flows from modeling discipline for the smallest, most foundational details of the game, as well as one's habits.

It is a leadership attribute that helped Tracy Paustian Deal, who played guard and forward guard from 2002 through 2005, to become a leader from the bench years later.

"I knew my role on the team, and it didn't matter if I played a minute or sat on the bench the whole game," Deal said. "I still felt like an essential part of the team."

Zaruba said she uses her leadership skills, along with her horticulture degree, in her supervisory position at Country Landscapes in Ames. Cultivating that discipline was not always easy or fun, however, she said, recalling times when meshing practice schedules with classes left little room for a typical social life.

"I remember going to bed when some girls were just putting on their makeup to go out," she said.

Deal acknowledged there are sacrifices required to excel at Division 1 college team sports.

"But having the closeness and camaraderie of the team makes up for it," she said. "You become very close with those 12 to 14 teammates."

Zaruba said those relationships have endured in her life.





Photo by Nirmalendu Majumdar/Facets

Former Iowa State University women's basketball player Tracy Paustian Deal, center, serves as assistant coach for the Gilbert High School varsity girls' basketball team. "I think it's important for girls to learn that just because someone tells them they can't do something, they shouldn't assume that's the truth," she said.

"I got married to Terry (Zaruba) this past July in Las Vegas," she said. "A lot of my former teammates came from all around the country to the wedding."

Cathy Strub Brown, 54, remembers a time when institutions of higher education weren't required to provide parity for women. Brown, now a program manager for ISU Facilities Planning and Management, began her basketball career in 1976, not long after changes made possible by the Title IX Education Amendments of 1972 began to make a substantive difference in women's athletics.

"Before that, women's basketball was an intramural sport," Brown said. "It's rewarding, as one who's at least a generation away from the women playing now, to see the transition of opportunities and the level of support women athletes have in numerous ways, both academic and financial, and the services available to student athletes who give so much of themselves."

Brown played under Lynn Wheeler, ISU's second women's basketball coach, and experienced one of the program's most successful seasons. She said she appreciates how the fan support for women athletes has burgeoned.

"So much has come together," she said. "I appreciate our society being able to do

that for young women. What was envisioned in Title IX came about very rapidly."

Deal, now teaching sixth-grade social studies at Gilbert Middle School and serving as assistant coach for the Gilbert High School varsity girls' basketball team, was born long after Title IX took effect. Nonetheless, she said she is constantly alert for life lessons she learned from playing a college-level team sport that she can pass along to younger women.

"I think it's important for girls to learn that just because someone tells them they can't do something, they shouldn't assume that's the truth," she said.

Deal recalls, for example, a time when the ISU women were getting ready to play 4th-ranked Texas Tech.

"Everyone assumed we would lose," she said. "It came down to a last-second shot, but we won that game."

Brown, whose husband, LeRoy, also works for ISU Facilities Planning and Management, and whose two sons are grown, said it fills her with pride to see the lives of the younger women like Deal, who married engineer Chris Deal about a year ago, start out on such firm footing.

"One perspective I am proud of is the

post 'student/athlete' or career phase accomplishments of my peers and those of more recent graduates that I have stayed in touch with," Brown said.

Brown said the professional accomplishments of the women who were her team members are heartwarming, too.

"They are medical and veterinary doctors, health care professionals, engineers, business women, educators, coaches and professors, to name a few. I believe this is reflective of our student/athlete experience but equally the quality of the environment that ISU creates for young adults as they prepare for leadership after graduation."

By email, Coach Fennelly said he's not surprised at the success of the women he has coached.

"They had a unique understanding at a young age what they needed to do to help the program," he said. "They were committed to being a part of something bigger than themselves and as a result had success and made lifelong friends. We are lucky they have decided to stay as part of the Ames community." ♦

Reach Kathy Hanson via email at [hansonkathy@mac.com](mailto:hansonkathy@mac.com).



# Friendly competition

**Recreational volleyball gives players a chance to compete and meet friends in the process**

BY ROXANNE DASS

**T**hirty years of friendships and friendly competition started for Darla Best when she moved to Ames in 1979.

Best, 51, ran into a friend playing for a women's recreational softball team.

"I had played softball, basketball and track in high school and enjoyed playing sports," Best said. "I also thought it was a great way to meet a lot of people."

By Thomas Northcut/Thinkstock



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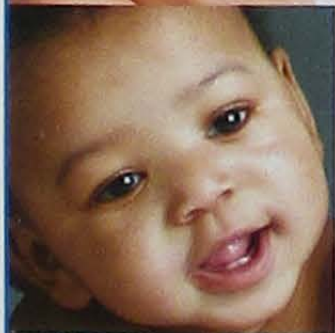


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"Volleyball gives me more energy and makes me mentally stronger, too. When you can socialize with people of all ages and you're constantly meeting younger people, that helps you feel younger."

— **Darla Best**, who has played for 30 years on women's volleyball teams

In the almost 33 years since, Best has played 25 years in women's and co-ed softball leagues, 29 years on co-ed volleyball teams, and 30 years on women's volleyball teams.

Best, on the Haps Air Service team, and some of her teammates have played together for all of those years, many with no formal volleyball training.

"Girls didn't play volleyball competitively in high school until the year after I graduated," Best said. "So our skills and talent have evolved from just hitting and smacking the ball around to, now, we are able to set up plays."

Though the Ames Parks and Recreation department offers co-ed volleyball leagues, Best participates in the women's leagues for the experiences she has shared with her teammates over the years.

"We've gone through a lot of things, not necessarily together, but common things that happen throughout your life," she said. "As you're getting married, having children, just being surrounded by other women who share similar stories is a great thing about the women's leagues."

Best said she can count on the women, both those who have been there from her start with the sports leagues to newer members.

"These women are always there for you and will do anything for you if you need a shoulder, to talk or just give a knowing look," she said.

Best said her younger teammates also help make her feel young.

"Volleyball gives me more energy and makes me mentally stronger, too," she said. "When you can socialize with people of all ages and you're constantly meeting younger people, that helps you feel younger."

#### 'SOMETHING TO LOOK FORWARD TO'

Allison Vial, 31, manager of the Bruised Peaches recreational women's volleyball team, said the women in the Monday night league are working women who look forward to a night of competition each week.

"We are competitive, but our main goal is to have a good time," Vial said. "Of course, the excitement of making a huge comeback for the win brings back memories of what we used to do when we were young, but the social aspect of it is what really makes it fun."

Most of the women on the seven teams have had experience playing volleyball in high school or recreationally. Ames Parks and Recreation also offers Wednesday and Thursday night leagues, which vary by skill and competition level.

A little competition and exercise are healthy, but Vial said most of the women in the Monday night league joined for the social network.

"I mostly joined to spend more time with friends and new people and to have more of a social network outside of work," Vial said.

The life experiences the women share off the court have created a friendship and camaraderie that keep the women coming back.

"We definitely have a bond with each other," said Vial. "We laugh. We have fun. We hit a few balls. We also share a lot of what is going on in each others' lives."

#### 'SIMILAR TO PLAYING COMPETITIVELY'

The Ames Park and Recreation department's Thursday night volleyball league could be mistaken for a competitive college match, but Bump 'N Uglies team manager Jenni Talbott said the women still hit the court for fun.

"It's a way for us to get exercise once a week, and we have such a good time," Talbott, 32, said.

About half of the women in the Thursday night league played volley-

ball at the collegiate level, and all have played at the high school level.

Talbott joined after talking to a former teammate from her days at Wartburg College. When she moved Ames from Chicago, her teammate invited her to join her volleyball team.

Talbott is on the same team a few years later. Old members have left and new member have joined, but the competitive spirit remains the same.

"A lot of us are pretty competitive, and for a lot of us, it's pretty fun to get out on the court again," Talbott said. "It's similar to playing competitively, because you like the people you play with and we work together to get a full bump, set, spike."

Talbott played on the co-ed league for a year, but found it wasn't as challenging as the women's league, she said.

"I was playing both co-ed and women's and didn't have time for both," Talbott. "I chose to stay on the women's league, because it seemed like so much more of a workout."

While the games are high-energy, Talbott said it is not nearly as intense as the college days.

"For one thing, we don't have to spend 20 minutes warming up; we just go in and start playing," she said, laughing. "You get there, you play a lot of volleyball, you get a lot of laughs, and then you go on with life's other responsibilities." ♦

Reach Roxanne Dass via email at [rdass43@gmail.com](mailto:rdass43@gmail.com).

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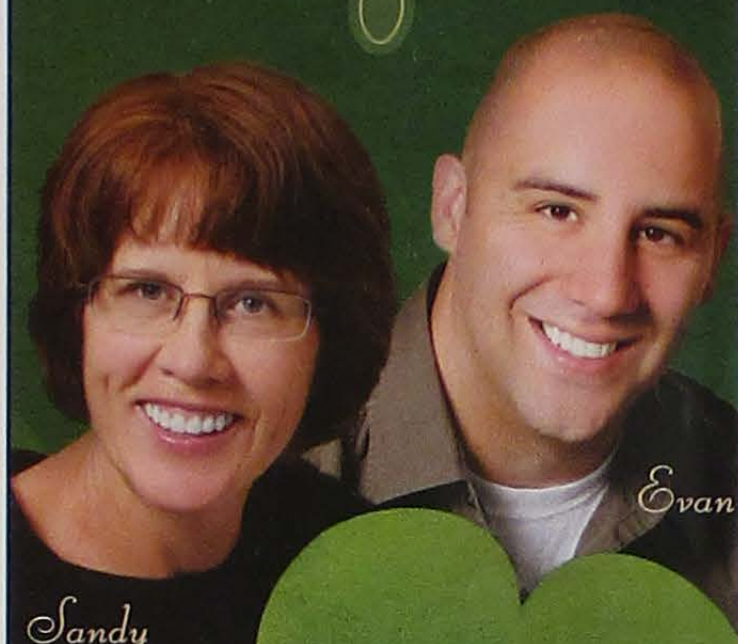
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# 'Softball mom'

## Gilbert mother coaches twin daughters on pitching, catching

BY PEGGY BEST

Joanne Isenhardt, of Gilbert, did not know much about soccer when she became a "soccer mom" to twins.

Her daughters Serine and Clare started playing in kindergarten, and Joanne quickly became an assistant coach. The next year, she and her husband, Tom, both signed up as assistant coaches, but were surprised with coach and assistant coach titles.

Now age 15, Serine and Clare work with their mom three times a week on softball pitching and catching at All Star Sports Academy. Clare and Serine check with Joanne for what is next in their workout regime. Joanne calls out instructions and diligently fills out the log book as the girls practice and complete each task.

"I'm just the transportation and the support system; the motivation has to come from them," Joanne said. "They love the sports, and



By Peggy Best/Facets

Serine, Clare and Joanne Isenhardt, from left, work on softball skills three times a week.

"They love the sports, and it will be their choice when they want to slow down."

— Joanne Isenhardt

it will be their choice when they want to slow down."

The twins joined softball in the third grade, but Joanne was leery when Clare wanted to become a pitcher.

"She had a good arm and was fast, but she threw pretty wild," Joanne said.

She and Tom worked with Clare, pitching until dark most nights. The next year, Joanne, who was the team's assistant coach, felt Clare was ready to try out as a pitcher.

Joanne said being a pitcher takes a lot of dedication, which she was surprised Clare did not lose. Serine goes with her sister to workouts as often as possible.

Though Joanne often plays the role of coach, she still keeps the girls' lives balanced as their mom. To keep them from taking sports too seriously, for example, no one can talk about a game for 30 minutes afterward.

"The girls will start talking about other things going on," she said. "By the time we get home, they've pretty much shaken off a loss, or not gotten too puffed up about a win." ♦

Reach Peggy Best via email  
at [pegathome554@msn.com](mailto:pegathome554@msn.com).

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Try using a covered rubber band and a leave-in conditioning treatment to prevent rubber band damage to your hair.

## How to keep your hair, skin and nails in shape

**W**ant to look beautiful while working out? Of course you do, and it's all about attitude.

Does your athletic look reflect your attitude toward your sport? Does it show your competitive spirit, or do you just drag yourself to the gym with your worst-looking hair, skin and nails on display?

No need to worry. Your professional cosmetologist can recommend ways to protect your hair from the sun, wind, chlorine and rubber-banded ponytails. A sports style is what you need, and there is a look that fits your sport.

Chlorine damages your hair, but there are products such as Redken's Hair Cleansing Crème to protect your hair before going into the water. Wash your hair with it prior to entering the water. Then use it again after, to prevent the hair from absorbing the chlorine.

Sun damage can be prevented by a hat or hair care designed for the sun.

Wind damage can be helped by a scarf or Argan-6 Oil, a new Redken product that does everything — no seriously, it does everything. It can be used as a scalp treatment, leave-in conditioning treatment, styling product or mixed into other products to smooth the hair and enhance shine.

Last but not least, the rubber band ponytail damage. Try using a covered rub-



**MARY CLARE LOKKEN**

ber band and Redken's Anti-Snap, a leave-in conditioning treatment that helps prevent hair damage, including split ends.

And for the skin, protect it from the sun and wind, while flying, and even from exposure to fluorescent light. Try Bioelement Instant Emollient to protect your lips, Really Rich Moisture for your face or Vitalization to prevent flaky legs.

Oh, don't forget your nails. OPI's Avoplex Cuticle Oil and Intensive Hand and Nail Crème work wonders.

And if your idea of sports is to watch them, many of these products can make for a day of beauty at home while watching your favorite team.

If you don't want to do any of this for yourself, why not have your hair, skin and nail treatments performed by your beauty professional? Imagine your hair drenched with a creamy conditioner while your face luxuriates in a paraffin facial and your hands are moisturized and wrapped in hot towels. And is there a massage therapist in the house for a hot stone massage? Just the thing for a cold winter day.

Many thanks to Brady Snider, partner and education director at PCI Academy in Ames and New Hope, Minn., for this great advice ♦

*Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at [MaryClareLokken@aol.com](mailto:MaryClareLokken@aol.com).*

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# Eat to compete

**W**hat and when you eat can affect your workout. Food is your fuel.

What you eat or don't eat prior to and after a workout can keep you going and affect your performance.

The trick is to know what foods and beverages to consume in order to best meet your fueling needs.



**LAURA KIMM**

## PRE-COMPETITION PLANNING

Timing for pre-game meals and snacks is critical to beating your competition. You'll want to plan the type and amount of food and fluids you take in based on the amount of time you have before you compete.

Build your meal so two-thirds consists of items that will provide carbohydrates for quick energy. Fill the remaining one-third of your pre-competition plate with low-fat protein. If there's one hour or less before your workout, stay away from protein. Proteins slow digestion and can cause indigestion.

### Here are some nutritious choices:

- 30 minutes to 1 hour before competition: Sports drink and water
- 1 to 2 hours before competition: Cereal bar, grapes, apple juice and water
- 2 to 3 hours before competition: Half turkey sandwich, banana, sports drink and water
- 3 to 4 hours before competition: Pasta with meat sauce, salad with low-fat dressing, bread, orange juice and water

## STAY ENERGIZED AND HYDRATED DURING COMPETITION

Remember, your performance will suffer if you are not adequately hydrated. You need to drink 4 to 6 ounces of water for every 15 to 20 minutes of exercise. For every swallow you take, estimate that you are consuming 1 ounce.

If your physical activity lasts longer than one hour, it is also important to consume carbohydrate during the event. You can maintain your energy levels by drinking 5 to 10 ounces of a sports drink every 15 minutes. Avoid drinks that have caffeine or are loaded with vitamins, minerals, herbals or other supple-

ments to provide "energy."

## POST-COMPETITION RECOVERY

Proper refueling after exercise or a game is important for an athlete's overall physical fitness. To estimate the amount of water you need to rehydrate after physical activity, weigh yourself before and after you exercise. For every pound of weight lost post-event, drink two cups of fluid. In order to get the most energy back into your muscles, the best time to refuel is 15 to 30 minutes after your workout and then again in two hours.

While carbohydrate and water are the primary nutrients needed, adding some protein will help increase the amount of carbohydrate stored in the muscle. The ideal ratio is 4-to-1 carbohydrate-to-protein.

For adequate refueling, most athletes will require 50 to 150 grams of carbohydrate (depending on body weight) after a rigorous bout of physical activity. If eating solids after exercise isn't appealing or possible, consuming sports drinks or fruit juice is also effective. Even better, chocolate milk provides an ideal carbohydrate-to-protein ratio to refuel muscles.

### Here are some ideas to meet your refueling needs:

- 8-ounce orange juice and 1 cup low-fat fruit yogurt
- 8-ounce Gatorade and 1 PowerBar
- 8-ounce apple juice and 1 peanut butter and jelly sandwich
- 2 cups cornflakes and 1 cup low-fat milk
- 8-ounce chocolate milk and 1 banana
- 1 Luna Bar and 16-ounce Gatorade
- 16-ounce cranapple juice and ½ cup cottage cheese
- PowerBar Recovery shake and 1/4 cup dried fruit
- Balance Bar and 8-ounce strawberry milk ♦

Laura Kimm, RD, LD, received her bachelor's degree from the University of Iowa and completed her dietetics coursework and dietetic internship at Iowa State University. Laura works at Hy-Vee as a registered dietitian. Reach her via email at [lkimm@hy-vee.com](mailto:lkimm@hy-vee.com).



## RECIPES ▼

### SIX-LAYER NUTRITION BAR

2 cups oats  
1 cup honey  
1 cup milled flaxseed  
1 cup 100 percent whey protein  
(chocolate peanut butter)  
1 cup natural peanut butter  
1 cup chocolate chips  
Cooking spray

#### PREPARATION

Spray a 9-by-13-inch pan with cooking spray.

Combine oats, honey, milled flaxseed, protein powder, peanut butter and chocolate chips in large bowl. Mix with spoon or electric mixer until all ingredients are mixed well.

Press mixture into the prepared pan.

Enjoy! Bars will remain soft and slightly gooey. Can keep refrigerated if preferred.

### PEANUT BUTTER AND BANANA SHAKE

1 cup of fat-free or 1 percent low-fat chocolate milk  
1/2 cup frozen banana slices  
1 tablespoon peanut butter  
1/2 teaspoon vanilla extract  
1/4 teaspoon ground cinnamon

#### PREPARATION

Combine all ingredients in a blender; blend until smooth and creamy.

Serve in tall glass or on-the-go drink container.

### STAY HYDRATED ➤

You need to drink 4 to 6 ounces of water for every 15 to 20 minutes of exercise. For every swallow you take, estimate that you are consuming 1 ounce.



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# Strengthen your willpower with these strategies

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**T**hose of us with "strong willpower" set and achieve goals and maintain the results.

How do you know if you have strong willpower? If you think about physical fitness, the amount of weight you lift could measure how "strong" you are. Is willpower how often you lift those weights?

Financial goals could be strong in terms of the amount of money you want to save. A commitment to save \$1 a month for 12 months is not very strong. However, a commitment to save \$100 a week for 52 weeks could be a strong commitment. Financial willpower could be measured by the number of weeks you save \$100.

Just two months ago, many of us made New Year's resolutions that demand strong willpower. Are you keeping your resolutions? Are you still on your way to making the changes you committed to on Jan. 1? Or have you just run out of willpower?

Social scientists no longer regard "running out of willpower" as a metaphor. They recently reported that willpower is a form of mental energy that is powered by glucose in the blood stream, which is used up as you exert self-control. The result is ego depletion, according to Roy F. Baumeister, of Florida State University.

Baumeister and many of his colleagues have concluded the way to keep a New Year's resolution is to anticipate the limits of your willpower.

A study, cited in the Jan. 5 issue of the New York Times, led by Wilhelm Hoffman, of the University of Chicago, showed people with the best self-control are those who use their willpower less often. People who ap-

parently exhibit strong willpower often have actually set up their lives to minimize temptation.

Here are some strategies to help strengthen your willpower:

### 1. SET ONE GOAL: SAVE \$100 A WEEK.

Determine the most important goal and focus on that one goal. You might want to increase your saving and decrease your waistline, but counting calories and dollars will consume your finite supply of willpower. Choose one goal.

### 2. PRE-COMMIT TO YOUR METHODS TO SAVE \$100 A WEEK.

- Always shop with a list.
- Leave your credit card at home.
- Tell a friend about your goal and give a weekly update. Ask for a reminder if you forget.

### 3. TRACK YOUR MONEY: USE THIS METHOD TO FIND \$100 A WEEK:

- Record your spending daily.
- Prepare a summary weekly.
- Chart your progress.

### 4. DON'T GIVE UP.

- One slip in spending is just one slip.
- Move forward and get right back to your disciplined plan.

Soon you will be proud of your success and recognize that you are one of those people with strong willpower. Once learned, that willpower can be used to achieve any goal ... because life is more than money. ♦



**KAREN  
PETERSEN**

*Karen L. Petersen, CFP® CDFI™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or [karen@mymorethanmoney.net](mailto:karen@mymorethanmoney.net).*



# Play like a girl

**T**he need for fitness is a given, but if you're an athlete, you need and want an extra edge.

An optimal strength and conditioning program is designed specifically for an individual and modified to fit an athlete's specific sport.



**DEBRA ATKINSON**

These programs fit an individual's strengths or weaknesses, as well as their position within the sport.

Participants in sports-specific programs vary greatly, yet all want to become better athletes. When an athlete puts in conditioning time off the court, off the field or out of the pool, it contributes to performance

success and helps the athlete avoid injury.

Knee injuries are common for active woman and are often attributed to women's wide hip box in relationship to knees, as well as improper landing mechanics. Strength and conditioning programs can teach awareness of proper body mechanics.

Central Iowa girls and women are playing hard at a variety of sports. Here is a sampling of the strength and conditioning programs some are using.

## GOLF

At age 70 or at 17, the rules of the game and the muscles required to play it are the same. Yet bodies of various ages respond differently. Lower back, shoulder, wrist and knee injuries are prevalent in golfers.

Lisa Snyder, a notoriously a low scorer among Central Iowa women, said she has not changed her swing in more than 10 years. She said it was not technical changes, but overall strength gained from boot camps, that made the difference in her swing.

## DANCE

Snyder's daughter Britta competes and trains with a Des Moines-based Irish dance group that encourages young girls to do Pilates. The core benefits and strength enhancements from Pilates contribute to posture and alignment.

## SWIMMING

Ames High girl's swim team members are training to smash records. There's no substitute for core work and strength, even when the mechanics are as flawless as those of these young women. Preventing shoulder in-

## MOVE OF THE MONTH



### THE BRIDGE:

1. Start with feet on a ball, legs extended.
2. Lift the hips from the floor. Use arms at your sides to help maintain your balance.
3. Roll the ball toward you, flexing your knees, and roll it away as you extend.
4. Perform sets of up to 15 at a time. Start out doing as many as you can before you lose form, building up to 15.

Works the back of the body muscular chain: calfs, hamstrings, gluteals and core.

juries through rotator cuff-specific exercises and enhancing core muscles can improve any swimmer's performance.

## SOCCER

Sally Smith, of Ames, is a collegiate soccer player. Thanks to that solid foundation and a strength and conditioning program of sprints, intervals, overall strength and solid core work, Sally is enjoying the best fitness of her life instead of gaining the "freshman 15."

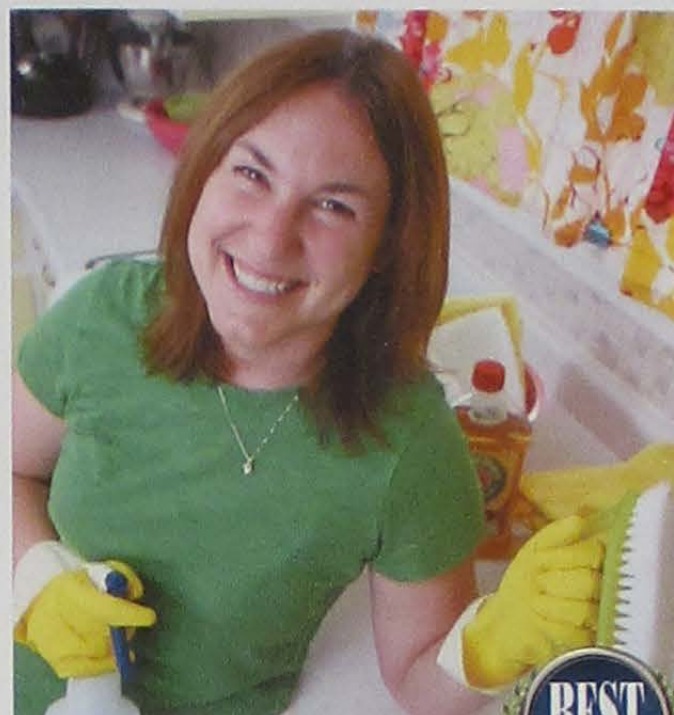
We are all playing to win. Find the winning combination that will address your sport and your physical strengths and weaknesses and will also enhance your performance and keep you injury-free. ♦

*Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years. Reach her via email at [PTDirector@amesracfit.com](mailto:PTDirector@amesracfit.com).*

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# faceted woman | **AMBER CORRIERI**

**Name:** Amber Corrieri

**Age:** 31

**Position:** Director of development, Mainstream Living

**Family:** Husband, Damien; son, Jordan, 9; and daughter, Isabella, 5

## **What would you do with \$1,000 to spend on yourself?**

I love cooking and baking, so if I had to spend the money on myself, I would buy some of the latest kitchen gadgets that my husband would say I would never use. I would also special-order some quality steak and seafood and cook a gourmet meal for my family.

## **Your favorite meal:**

My favorite meal is spaghetti, but the sauce is the key. The sauce must be cooked all day and have lots of fresh basil. The homemade meatballs and sausage must simmer in the sauce for hours, and the final meal should be topped with freshly grated parmesan.

## **Your favorite motto:**

"Be yourself; everyone else is already taken." — Oscar Wilde

## **What makes you happy?**

Spending time with my husband and our children makes me happy. Whether we're on vacation or just sitting at home with popcorn and a movie, it's a great place to be.

## **What makes you feel confident?**

I am most confident when I am prepared. I am constantly analyzing things and doing my own research to look at things from different angles. I want to know everything I possibly can before going into a situation.



Photo courtesy of  
Amber Corrieri

## **◆ DO YOU KNOW A FACETED WOMAN?**

Nominate her at [www.facebook.com/facets](http://www.facebook.com/facets) magazine.

## **What have you accomplished that has made you proud?**

In 2010, I ran for public office. It was a great experience, and I learned so many things about myself and the people in our community. I was grateful for the opportunity, even though my run was not successful. It was a blessing in disguise, though, because had I won the race, I would not have my current job.

## **My simplest pleasure:**

I love when my kids or my husband gives me a hug and

says I love you for no real reason.

## **I crave:**

I crave a cold, rainy day when I could curl up on the couch all day with nothing to do but watch movies.

## **I secretly love:**

It's silly, but I can't read enough murder mystery books, even the ones that are poorly written. My husband makes fun of me because I'll come home from the library and every book

will have death, blood or murder in the title.

## **Favorite wardrobe staple:**

I love high heels. I have many colors, sizes and styles, and I wear them everywhere: work, grocery shopping and soccer games. I'm sure I'll pay the price in a few years, but I've been doing it for so long, it's almost uncomfortable for me to wear anything else.

## **What financial advice would you give other women?**

Women need to do a better job at knowing their value in the workplace. Women are still paid less than men, and many make a lot of mistakes when it comes to negotiating salaries because they are more focused on pleasing others and making friends. In the current economic climate, you won't always get what you want, but a woman should do her research and know what value she provides to a company. From that point, she can negotiate more successfully to hopefully get the compensation she deserves. This is a skill that is very difficult for women, including myself. There are some great books on the subject, and I would particularly recommend the book "Knowing Your Value" by Mika Brzezinski.

## **How do you give back to your community?**

I am fortunate to have a job that allows me to see firsthand the impact human service organizations have on our community. I love that I am a part of helping Mainstream Living fulfill its mission. I also serve on the board of directors for the Boys and Girls Club and am a member of ASSET. ◆

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# Get Your Plate In Shape

## **Make half of your plate fruits and vegetables**

Eat a variety of vegetables, especially dark-green, red and orange varieties. Add fresh, dried, frozen or canned fruits to meals and snacks.

## **Make at least half your grains whole**

Choose 100 percent whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods.

## **Switch to fat-free or low-fat milk**

Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. For those who are lactose intolerant, try lactose-free milk or calcium-fortified soy beverage.

## **Vary your protein choices**

Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Keep meat and poultry portions small and lean. And be sure to choose seafood as the protein at least twice a week.

## **Cut back on sodium and empty calories from solid fats and added sugars**

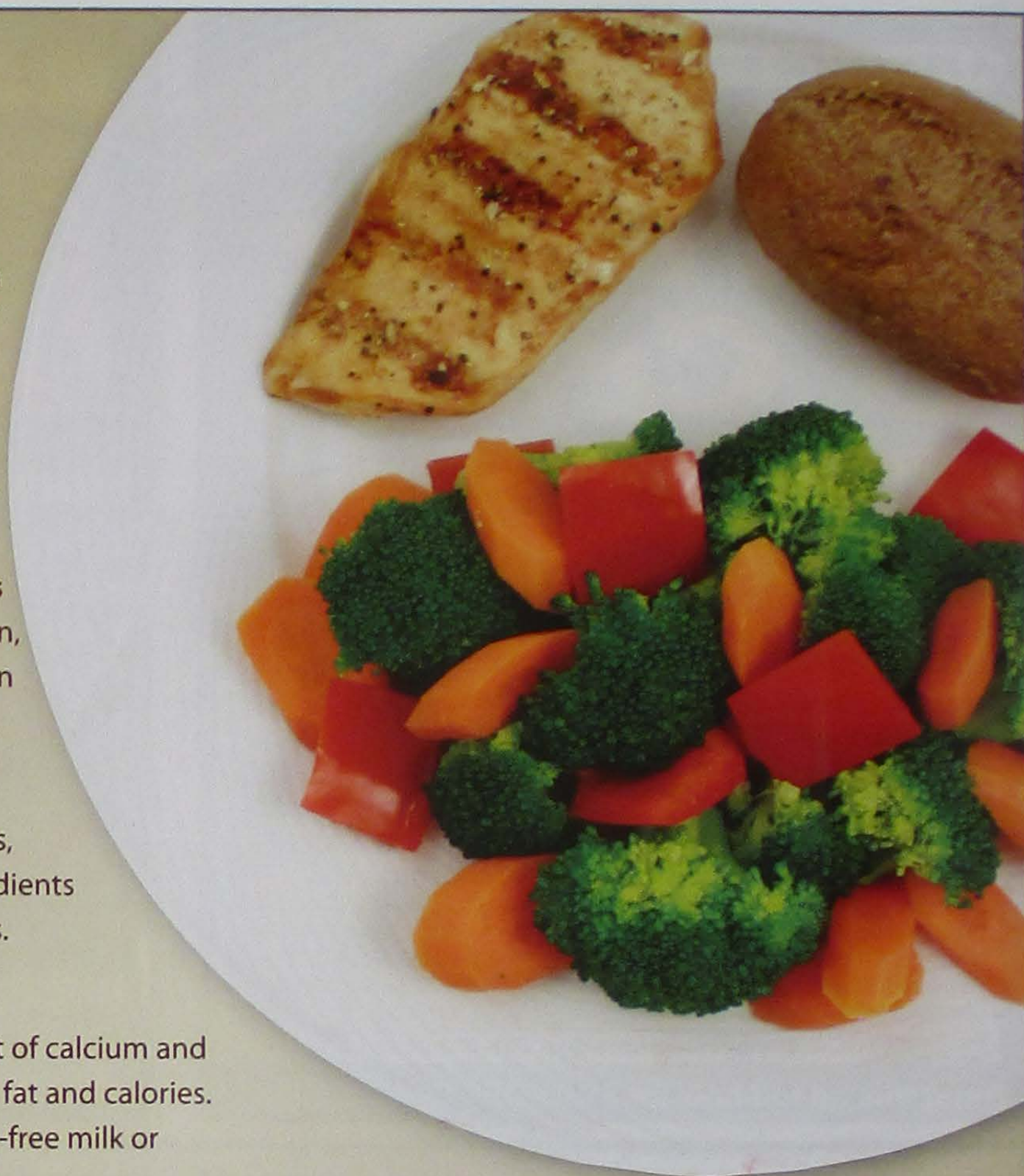
Compare sodium in foods and choose those with lower numbers, and season your foods with herbs and spices instead of salt. Switch from solid fats to healthy oils like olive and canola oil. Replace sugary drinks with water and choose fruit for dessert.

## **Enjoy your foods but eat less**

Avoid oversized portions. Use a smaller plate, bowl and glass. Cook more often at home where you are in control of what's in your food. When eating out, choose lower calorie menu options.

## **Be physically active your way**

Adults need at least 2 hours and 30 minutes of physical activity every week. Choose activities that you enjoy, and start by doing as much as you can.



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